



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

OCTOBER 15, 2021

NEW THIS WEEK!

CSHD IS OFFERING PFIZER COVID-19 VACCINE BOOSTERS TO ALL ELIGIBLE PERSONS

As of 9/23/2021

Millions of Americans who received the Pfizer vaccine are now recommended to get a booster dose.

Who's eligible for a booster?



Age 65+

Along with those who live in long-term care facilities



High Risk

Adults age 50–64 with with underlying medical conditions that put them at high risk for severe COVID-19. Younger adults age 18–49 should consider getting a booster based on their individual risk assessment.



High Exposure

Adults age 18–64 who are: healthcare workers, teachers, daycare staff, grocery workers, people in shelters or prisons, among others.

Questions about boosters? Talk to your healthcare provider.

Booster doses are now recommended for some groups of people. **At this time, you are only eligible for a booster dose of Pfizer if your initial vaccination series was also Pfizer.** The CDC recommends the following:

- people 65 years and older and residents in long-term care settings should receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series,
- people aged 50–64 years with [underlying medical conditions](#) should receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series,
- people aged 18–49 years with [underlying medical conditions](#) may receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series, based on their individual benefits and risks, and
- people aged 18–64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series, based on their individual benefits and risks.

The top priority for VDH is still to fully vaccinate people who remain unvaccinated. All three COVID-19 vaccines approved and authorized in the United States continue to be effective in reducing the risk of severe disease, hospitalization, and death, even against the Delta variant. Nearly all the cases of severe disease, hospitalization, and death from COVID-19 continue to occur among those not fully vaccinated. Recent data show hospitalization rates are 10 to 22 times higher among the unvaccinated compared to vaccinated adults.

There is no rush for eligible individuals to get a booster dose right away. Vaccine protection decreases gradually over time. Boosters of the Pfizer vaccine are recommended at least 6 months after receiving the second dose, and individuals still have good protection against COVID-19 if they don't receive a booster dose as soon as they are eligible.

As the science and the virus evolves, so do policies and recommendations. Booster doses are common for many vaccines. The scientists and medical experts who developed the COVID-19 vaccines continue to closely watch for signs of waning immunity, how well the vaccines protect against new mutations of the virus, and how that data differs across age groups and risk factors.

What should I do if I received the Moderna or Johnson & Johnson vaccine? At this time, we are still awaiting further research and guidance regarding boosters for Moderna and Johnson & Johnson. Pfizer was the first vaccine to be authorized, and therefore its data on any waning effectiveness was also available first.

If you have completed your Moderna series and you are immunocompromised, you may receive a third dose of Moderna or Pfizer, if Moderna is not available. Speak with your primary care provider if you have questions about receiving a third dose for immunocompromising conditions.

Looking for an opportunity to get your Pfizer COVID-19 booster shot this week?

Wednesday, October 20, 12:00 to 6:00 p.m.

Rockingham County Fairgrounds

Pfizer (Booster doses for eligible persons, first and second doses also available)

Johnson & Johnson (First dose)

Walk-ins welcome. To skip the line, make an appointment at vase.vdh.virginia.gov.

Thursday, October 21, 8:00 a.m. to 2:00 p.m.

James Madison University Convocation Center

Pfizer (Booster doses for eligible persons, first and second doses also available)

Johnson & Johnson (First dose)

Walk-ins welcome. To skip the line, make an appointment at vase.vdh.virginia.gov.

This clinic is available to everyone in our community! You do NOT have to be faculty, staff or student at JMU.

OR visit any of our weekly health department COVID-19 vaccine clinics!

No proof of eligibility required.

FREE COVID-19 VACCINATIONS

October 20, 12:00 - 6:00 pm
Rockingham County Fairgrounds

4808 South Valley Pike
Harrisonburg, VA 22801

Pfizer (Ages 12+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

WALK-INS
WELCOME!

SKIP THE LINE AND REGISTER AT
VASE.VDH.VIRGINIA.GOV

Booster doses available for eligible individuals!



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895 University Blvd
Harrisonburg, VA 22807

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Read more about COVID-19 Booster
Doses

PREPARING FOR FLU SEASON: GET YOUR FLU VACCINE!



Why is the flu shot so important every season?

Central Shenandoah Health District, CDC and VDH recommend yearly influenza vaccination, for everyone 6 months and older with rare exceptions, as the first and most important step in protecting yourself and your loved ones from influenza illness. Annual seasonal flu vaccination is the best way to reduce the chances that you will get the flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu illness can spread through the community. It's important to get a flu vaccine before the beginning of flu season later this year to make sure you don't get the flu when doctors' offices and hospitals are already crowded with COVID-19 patients. By getting a flu vaccine, you can help keep yourself healthy and give healthcare workers time to focus on COVID-19. It is possible to catch both the flu and COVID-19 at the same time.

A person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the "optimal" or best protection against the flu. Additionally, flu viruses are constantly changing, so the vaccine composition is reviewed each year and updated as needed based on which influenza viruses are making people sick.

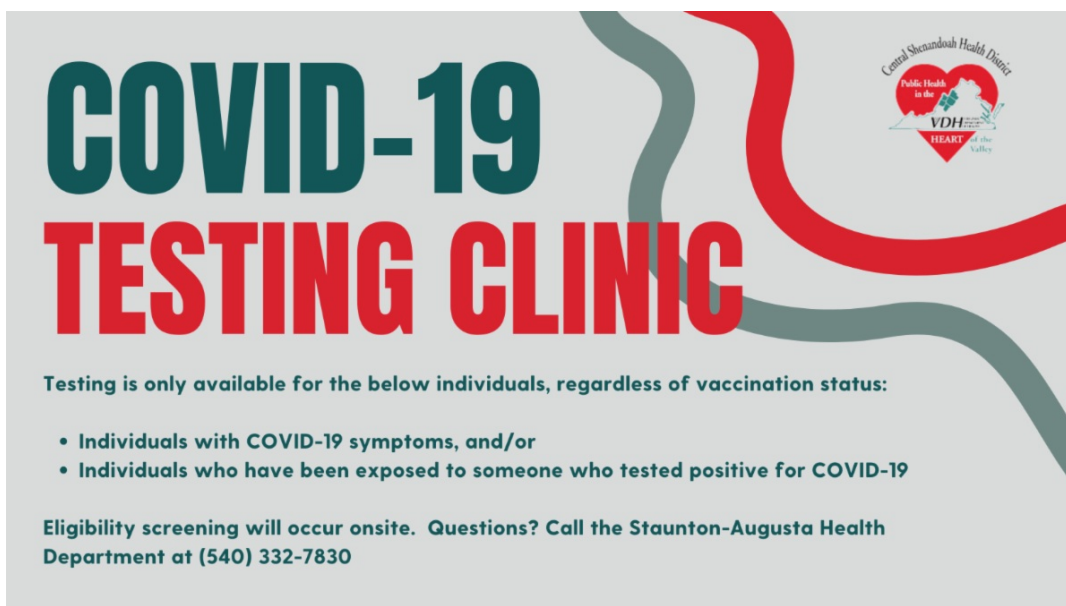
Can you get your flu vaccine and COVID-19 vaccine at the same time?

Yes. COVID-19 vaccines and other vaccines may now be administered without regard to timing. This includes getting a COVID-19 vaccine and other vaccines on the same day, as well as co-administration within 14 days.

I'm ready to get mine! Where can I find a flu vaccine near me?

You can get a flu shot from your healthcare provider or just about any pharmacy. Some public providers offer the flu vaccine for free. Visit the [VDH website](https://www.vdh.virginia.gov/flu) to find out where you can get your flu shot. You can also visit <http://flushot.healthmap.org/> for flu shot clinics near you.

CONTINUED COVID-19 TESTING CLINICS IN CSHD



**COVID-19
TESTING CLINIC**

Testing is only available for the below individuals, regardless of vaccination status:

- Individuals with COVID-19 symptoms, and/or
- Individuals who have been exposed to someone who tested positive for COVID-19

Eligibility screening will occur onsite. Questions? Call the Staunton-Augusta Health Department at (540) 332-7830

The Central Shenandoah Health District continues to offer free, drive-thru COVID-19 testing clinics each week throughout the district. Testing is available for individuals, regardless of vaccination status, who have symptoms of COVID-19 and/or have been exposed to someone with a confirmed case of COVID-19. Eligibility will occur onsite.

Monday, October 18 from 8:00 am - 10:00 am at Hillandale Park, Harrisonburg

Tuesday, October 19 from 8:00 am - 10:00 am at Augusta County Government Center

Thursday, October 21 from 8:00 am - 10:00 am at Hillandale Park, Harrisonburg

Friday, October 22 from 8:00 am - 10:00 am at Augusta County Government Center

PCR tests available. A health department employee will call with results once available. Individuals should isolate until they receive a negative test. Call the Staunton-Augusta Health Department for questions or assistance: (540) 332-7830.

[Read more about COVID-19 testing guidance](#)

UPCOMING WEBINARS OPEN TO ALL HEALTHCARE PROFESSIONALS AND STAFF

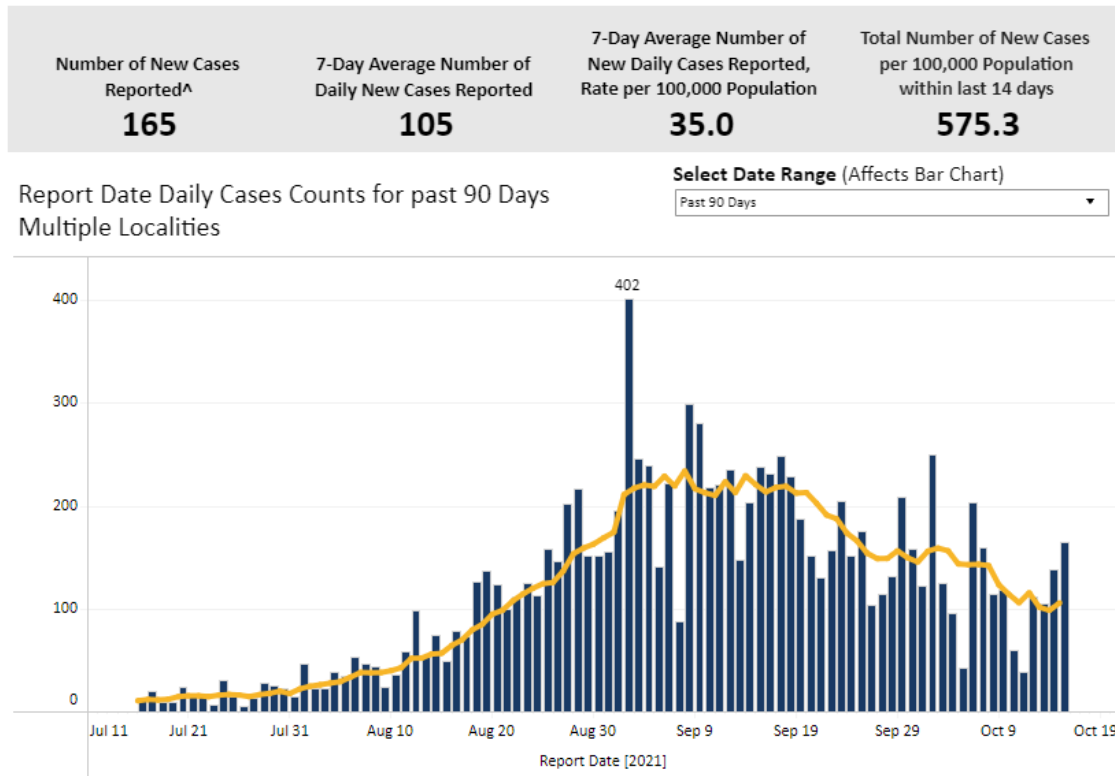
- **Wednesday, October 20th at 6:00 PM:** Join VDH for a Webinar on COVID-19 Vaccine Insights for the Pediatrician - This free event has been approved for Continuing Medical Education (CME) credit /Continuing Education (CE) credit for physicians, nurses, and pharmacists.
 - Panelists: Christy Gray, MPH, CHES, CHTS-CP; Danny TK Avula, MD, MPH; Rebecca Levorson, MD, FAAP. Moderator: Michael Martin, MD FAAP.
 - Dial In: +1-408-418-9388, Meeting Number: 132 605 3945, Webinar Link: [Click Here to Join](#)
 - [Please share details of this panel event](#) with members of your professional organizations.
- **Wednesday, November 3rd at 6:00 PM:** Join VDH for a Webinar on Understanding COVID-19 Vaccine: What the Evidence Tells Us - This free event has been approved for Continuing Medical Education (CME) credit /Continuing Education (CE) credit for physicians, nurses, and pharmacists.
 - Panelists: Richard Wenzel, MD, MSc; Chris Ghaemmaghami, MD, FACEP; Kelly Goode, PharmD, BCPS, FCCP. Moderator: Wendy Klein, MD, MACP.
 - Dial In: +1-408-418-9388, Meeting Number: 132 936 7287, Webinar Link: [Click Here to Join](#)

- [Please share details of this panel event](#) with members of your professional organizations.

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	31	9,147	569	146
Harrisonburg City	14	8,128	247	103
Augusta County	7	9,884	284	114
Staunton City	6	3,322	98	81
Waynesboro City	29	3,551	96	44
Rockbridge County	5	2,042	72	57
Lexington City	2	1,540	33	34
Buena Vista City	8	1,261	30	23
Bath County	3	452	18	14
Highland County	0	168	2	2
Totals:	105	39,495	1449	618

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated	Number of people receiving at least one dose	Number of people fully vaccinated
Rockingham County	52.2	48.2	62.6	58.0	42,743	39,518
Harrisonburg City	51.9	47.3	58.2	53.2	27,532	25,083
Augusta County	55.1	51.5	64.3	60.0	41,659	38,883
Staunton City	64.0	58.9	74.6	68.9	15,963	14,679
Waynesboro City	60.0	54.9	73.5	67.6	13,575	12,422
Rockbridge County	56.5	52.5	64.7	60.4	12,755	11,485
Lexington City	53.3	49.4	58.1	53.7	3,966	3,676
Buena Vista City	54.2	49.4	64.7	59.1	3,513	3,199
Bath County	54.4	48.7	62.3	55.8	2,258	2,021
Highland County	55.8	53.4	63.2	60.6	1,221	1,169
Totals:	55.7	51.4	64.6	59.7	165,185	152,135

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best
Practices

Health Education Corner

Breast Cancer Prevention Checklist

- ☒ Learn your family history of breast cancer.
- ☒ Tell your doctor about your family history.
- ☒ Ask if you should work with a genetic counselor.
- ☒ Build healthy habits to lower your risk.



Let's talk about Breast Cancer Awareness Month!

We have had so much going on with the Covid-19 pandemic, but don't forget to take care of yourselves and your family members when it comes to breast cancer prevention! Each year in the United States, about 255,000 cases of breast cancer are diagnosed in women and about 2,300 in men. Check out this prevention list for some ideas on what you can be doing to take care of your breast health!

To learn more about Breast Cancer, visit <https://www.cdc.gov/cancer/breast/index.htm>

Need help finding a free or low-cost breast cancer screening? Visit https://www.cdc.gov/cancer/nbccedp/screenings.htm#map_state for help.

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 12+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

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FOR MORE INFORMATION ABOUT COVID-19, VISIT:

